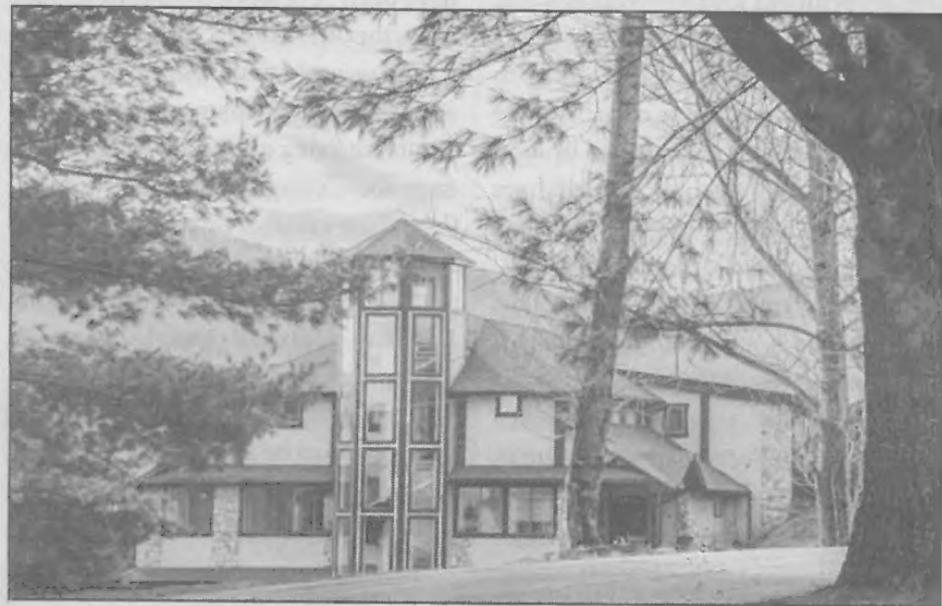


Is There a Real World Hogwarts?

Can you imagine going to a school where you learn scientifically proven magic?

by Michael Peter Langevin



The Monroe Institute

Can you imagine going to a school where you learn scientifically proven magic? Imagine a school where you expand your consciousness, are taught healing, and learn how to expand your awareness. Imagine a school where you become aware of and often interact with energy beings. Think of a place where you learn to manifest your hopes, dreams and de-

sires. You could learn lucid dreaming—or even learn how to come close to death and prove death is not the end of your existence.

Imagine a school where you would learn how to rejuvenate your body and spirit. Where you would learn how to go to a dimension where time stops, and how to visit and explore other planets, galaxies and solar systems. Not only that, but

leave your body to go to a nearby dimension. Even learn to go to the dimension where the spirits of the dead are waiting confused, unsure where they can go or what they should do. And some of your assignments would be to escort those spirits of the dead to another level of reality where they adjust and are prepared for the next step in spiritual growth.

The Monroe Institute

There actually is such a school. And it is not Hogwarts from Harry Potter; rather, it's called the Monroe Institute, (TMI) and it's located in Faber, Virginia. TMI is about twenty-five miles south of Charlottesville in the breathtakingly beautiful Blue Ridge Mountains. In the Monroe Institute's undergraduate program, called the Gateway Voyage, you learn all the introductory steps to achieving these seemingly magical abilities and skills. Helping the dead to find their way to a place some might call Heaven is taught in a graduate program called Lifeline.

Sound too far out to be real? The man who brought this school into being was Robert A. Monroe. He was not Albus Dumbledore nor Lord Voldemort, but he was a very formidable figure. It all began when he was a highly successful producer of radio shows in the fifties. Almost out of the blue, he began having "out of body experiences" (OBEs). A part of him, a non-physical, "spirit" body, would slip out of his physical body, go through the walls and begin to journey over the country-

side, and eventually into other dimensions.

For a while, Monroe thought he was crazy. Or that he was dying. Terror often assailed him as he struggled to get back to his physical body. But doctors and therapists assured him he was just fine and there was nothing wrong with him.

Monroe began using all his available resources to scientifically explore what was happening to him. He soon decided that he wanted to learn to control and expand his experiences. Then his research evolved into how he could assist others in exploring altered states of reality. He became more and more adept at having OBEs. He began calling different dimensions he visited regularly Focus Levels and assigning each different numbers. He also invented a technology, called Hemi-Sync® which consisted of feeding sound into the two hemispheres of the brain to facilitate altered states of consciousness, especially OBEs. He was awarded three patents for this binaural beat technology.

Eventually Robert Monroe founded the Monroe Institute. For more than four decades now, people from all walks of life have been coming to his Institute to learn how to travel out of their bodies and expand their consciousness. Most have been successful and have brought back many magical stories of their other dimensional experiences.

But don't take my word for it. These are the words of one of the participants, Viola Johnson:

"After a class debriefing we were readied for our next meditation, an exercise in problem solving in Focus 12. Our assignment was to formulate a question with Desire, Clarity, Intensity, and Gratitude, then turn it over to a higher force and wait for an answer.

In an effort to make my question simple but encompassing, I asked, "What do you want me to know? What do you want to show me?" The answer came in the form of hundreds of images passing before my eyes at amazing speed. Each image had an opposing image with it. By the time the experience ended I understood the answer to my question: Choices, it's about choices.

We had guided meditations that afternoon. The second one—a free-flow meditation in Focus 12—was the most gratifying. I opened myself to Focus 12 and just relaxed. I cannot remember the images or thoughts save one; parts of my affirmation ran through my mind.

The evening program was on remote viewing. We were given the coordinates of a location and asked to go into a meditation and record our first impression in real time. The concepts of remote viewing have never been something of interest to me. Yet my first attempts met with success. I can often see those I love. I always thought that connection depended on emotional ties. Now I wonder if remote viewing plays a part."

The Healing Sound

Monroe's sound technology has also helped countless people to control pain, strengthen their immune system, hasten their recuperation, lower their blood pressure, enhance recovery of speech and motor skills after a stroke, and much more.

Daniel Chumillas lives in Madrid, Spain. This is his experience of how TMI helped him in a life altering way:

"A couple of years ago, I started having symptoms that my doctor could not interpret. There were spots on my hands, I had severe pain, sleep disturbances and heavy urination at night. This eventually led to my spinal column collapsing. The diagnosis was multiple vertebral collapses across the spinal column, affecting the spinal canal and several vertebrae. This was mainly brought about by a severe deficit of vitamin D. I lost almost five inches in height and it ached even to breathe. I was told by my doctor to stay in a wheelchair. My doctor prescribed an ongoing cocktail of pills, but my pain remained almost unbearable. I also developed a deep depression as a result of the situation.

Finally, out of desperation, I began to recall earlier learning from courses at TMI and started using Hemi-Sync tapes. Hemi-Sync has sounds and affirmations combined with binaural beats which bring about brain synchronicity and altered states of consciousness. A friend of mine,

Joe Dispenza, had explained to me how he had used Hemi-Sync and meditations from TMI to rebuild his spinal column after being hit by a truck, Joe had written of it in his book, *Evolve Your Brain*. I figured if he could do it, I might as well try. The first major challenge was to overcome my deep depression, which I knew was crippling me even more than my physical condition. I focused my meditations on my heart chakra. I use Hemi-Sync CDs, to help with this. With time, my depression began to be replaced with an 'I can do this' attitude. At TMI, there is a group called the Dolphin Energy Club which, if you request, will send you healing energies. With help from the CD, I could open up to receive the affection that my friends from TMI were sending me. I set myself a daily discipline of visualizations and meditations with guided Hemi-Sync. As a result I began to restore my vertebrae. In seven months I left the wheelchair. I still remember the look of surprise on my doctor's face when he looked at the X-rays after seven months of TMI practices. The change was significant. My spinal column was out of danger, two vertebrae that had been broken seemed as if they had regenerated and I no longer needed the prescription medication. After one year I started to practice yoga and swimming. TMI has been crucial in my life at all levels. I always repeat their saying, 'I am more than a physical body.'

Travels to Other Dimensions

Robert Monroe wrote three books in which he described what he had seen and experienced while traveling in his OBE state, through what appear to be other dimensions of reality. *Journeys Out of the Body*, was published in 1971, and created a sensation. It was not the first book ever published about astral travel. But it was the first book to deal with such experiences in a scientific approach and in such detail. His second book, *Far Journeys*, was published in 1985. In it, Monroe's odyssey is resumed and expanded. He writes of his contacts with benevolent, non-physical entities that he called Intelligent Species. He recounted his journey to the year 3500. He told of beneficial contacts with his former lives, all of these lives existing simultaneously in the parallel dimensions, which he visited.

He alluded mysteriously to groups of physical and non-physical beings who appear to be waiting, poised just beyond our earth to help us through difficult times. He writes also about "Loosh," loosely translated as strong human emotional energy. According to Monroe, Loosh is a substance that is created in the souls of humans, through strong emotional experiences and is harvested by beings in higher spiritual reaches of the universe.

Monroe's last book, *Ultimate Journey*, was published in April, 1994. It carries on the account of Bob Monroe's astonishing saga. His out-of-body experiences and in-

sights continued to evolve. And he discovered that his favorite guide was...himself, from his own future, which had become his present. He learned that, close to the end of his life, it is he who will conduct the conversations with himself that helped him forty years earlier, to first navigate other dimensions of our universe.

In *Ultimate Journey*, Monroe journeys into the very core of his soul. He encountered the "I-There," that place where everything we have ever experienced, in this and every other dimension, is gathered together to help us through our individual lives. We are never alone, Monroe tells readers. We have ourselves, a large group of other selves from other incarnations infinitely greater than we could ever imagine.

Helping the Dead

Monroe wrote about journeys to what he would later in his Institute work call Focus 23, the place where the confused spirits of the newly dead gather to sort themselves out. And he tells about the Park, a place to which those spirits are taken. Here is where the confused spirits can rest and prepare themselves for the next step in their spiritual evolution. This Park is what The Monroe Institute now refers to as Focus 27.

The Lifeline program at TMI has taught many thousands of people to help guide the dead to the Park. Lying in tiny cubicles, referred to as CHEC units (for

Controlled Holistic Environmental Chambers), in darkness, wearing earphones, the participants are usually able to leave their bodies and embark on their adventures. In a number of cases, TMI voyagers, have been able to obtain names, addresses, and other provable details about the spirits of the dead whom they have helped. TMI has often been able to find corroboration to details found by participants.

Natalie Sudman was a government service employee in Iraq when she was wounded by a roadside bomb. She had a near death experience. She writes that her NDE was as or more real than physical reality. For the subsequent year, she slowly healed and recovered, but she was not sleeping well or deeply. Natalie had heard about The Monroe Institute and attended a Gateway Voyage program out of curiosity. It was at Gateway that, for the first time in over a year, she began to sleep well.

Natalie received much useful experience and insight at her Gateway Voyage and went on to take the Lifeline program. Here she was able to assist several spirits who were earthbound to move on to a level where they might be with friends and family and evolve. Along the way they gave her information about themselves. The first was Jerry Krantz. She "found" him on the battlefield—he said it was Shiloh. By his uniform it was obvious he was a soldier. When they got to the Park there were many old Civil War soldier



Front Gate to the Institute

buddies waiting for him.

The second man was from Acadia, New York, and liked to make believe he was dead. She had to explain he really was dead and they laughed about that. He said his wife Peggy had died a few years before him and he had lost all desire to live or do anything. His name was Josiah Smith—"not the Mormon," and he had been a miller and an Elder. Natalie helped him find Peggy and then escorted them both to the next level.

Jay Marklo was a genealogist hired to research the information Natalie brought back from her experience with the dead she had encountered. He was supplied only the data. Natalie had no contact with Mr. Marklo, who spent many hours delving into the records. He discovered a Jerry Krantz mentioned in the diary of a Northern soldier who fought at Shiloh. The diary stated Jerry Krantz had been with

the forty-third Illinois infantry and had died in the battle of Shiloh.

Then Mr. Marklo researched Josiah Smith. He found that Josiah Smith was born in 1810 in Acadia, New York. Acadia today is known as Newark. He was married to a woman named Margaret, who used the nickname Peggy. Josiah had died in 1886 and his wife had died four years before him. They owned a milling business. He had been an elder in the reformed Dutch Church of England. The genealogist even found that Joseph Smith, who lived in the same area, was the founder of the Mormon Church. Then he went on to track down Joseph Smith's descendants. They lived in Battle Creek, Michigan. Josiah and Margaret had moved there and bought a farm. Josiah's great-great-great-grandson had done his own genealogical research. The family had pictures and facts about



Robert Monroe

Josiah's and Margaret's lives that supported Natalie's information.

By now you may realize—there's no need to merely read about or dream of schools holding courses on how to achieve the seemingly impossible, like Harry Potter's Hogwarts. You can buy Robert Monroe's books or Hemi-Sync CDs or attend a TMI program in Virginia. Depending on the programs you attend, you may get to speak with a deceased relative or learn to make seeds sprout in your hand.

The Monroe Institute is a non-profit research and educational organization dedicated to enhancing the uses and understanding of human consciousness. The only requirement for admission is that you consider the possibility that you are more than your physical body.

Through their programs, tools, and technologies, TMI aids participants in achieving targeted states of consciousness, many not typically available during normal waking conditions, and in building skills to re-enter, explore, and utilize those

states at will.

From formal studies involving TMI participants during and after programs, it was found that TMI graduates are able to, at a statistically significant rate, create purpose and meaning in life, find inner peace, enhance mental abilities, tap into personal healing potential, experience non-judgmental acceptance, explore consciousness outside of time and space, and in many other ways experience greater happiness and wellbeing.

To learn more, visit TMI's website at www.monroeinstitute.org or call toll free: 866-881-3440 or email: info@monroeinstitute.org

Ω

Michael Peter Langevin is a freelance writer, lecturer, public relations consultant and personal trainer. He has traveled and studied with shamans, elders, and spiritual teachers all over the world. He was the publisher/editor for twenty-seven years of Magical Blend Magazine, Natural Beauty & Health Magazine and Transitions Magazine. In recent years he has been a staff writer for Visions Magazine, Awareness Magazine and The Ocean Beach Chronicle. He has authored three books, Spiritual Business, (Hampton Roads), Secrets of the Ancient Incas, and Secrets of the Amazon Shamans (Career Press).

To contact Michael, email: michaelpeterlangevin@gmail.com or Facebook: Michael Peter Langevin